

South Texas Early Prevention Studies (STEPS/SNAP-Ed Project 2022-2025)



PARKS



**RAMIRO AND FRIENDS
BIENESTAR CSHP**

RIO GRANDE VALLEY (RGV) PARKS DIRECTORY

**OUR COMMUNITY HAS MANY
PUBLIC PARKS THAT CAN
HELP US INCREASE OUR
FAMILY'S DAILY PHYSICAL
ACTIVITY.**

**GATHER YOUR FAMILY AND
VISIT ANY OF THE SITES IN
THIS DIRECTORY TO ENJOY
OUTDOOR FUN!**

**THIS RGV PARKS DIRECTORY
IS COURTESY OF THE UTRGV
STEPS PROJECT.**

**NUESTRA COMUNIDAD CUENTA CON
MUCHOS PARQUES PÚBLICOS QUE
PUEDEN AYUDARNOS A AUMENTAR
LA ACTIVIDAD FÍSICA DIARIA DE
NUESTRA FAMILIA.**

**¡REÚNA A SU FAMILIA Y VISITE
CUALQUIERA DE LOS SITIOS EN ESTE
DIRECTORIO PARA DISFRUTAR DE LA
DIVERSIÓN AL AIRE LIBRE!**

**ESTE DIRECTORIO DE PARQUES EN EL
RGV ES CORTESÍA DEL PROYECTO
UTRGV STEPS.**

C'mon Y 'all.... Let's GOOOO!!!

PARK'S FACILITIES INCLUDE BEAUTIFUL LANDSCAPES, WALKING TRAILS, PLAY STRUCTURES, PICNIC AREAS, SITTING AREAS, BASKETBALL COURTS, REST AREAS AND MORE. AMENITIES MAY VARY PER LOCATION.



La Joya ISD Aquatic Center

1801 WESTERN RD.
MISSION, TX 78572

Hollis Rutledge Northwest Park

3408 N INSPIRATION RD.
MISSION, TX 78573

Bentsen-Palm Community Park

1801 S INSPIRATION RD.
MISSION, TX 78572

Bentsen-Rio Grande Valley State Park

2800 S BENTSEN PALM DR.
MISSION, TX 78572

Arnulfo "Tatan" Rodriguez, Jr. Park

220 E FIRST ST.
MISSION, TX 78574

Cesar Chavez Park

78 SHOWERS RD.
MISSION, TX 78572

Superior League

9130 N MOORFIELD RD.
MISSION, TX 78574

Lions Park

1500 E KIKA DE LA GARZA
LOOP MISSION, TX 78572

Astroland Park

115 S ST. MARIE ST.
MISSION, TX 78572

Los Compitas Park

N BENTSEN PALM DR.
MISSION, TX 78574



La Joya

La Joya Municipal Park (Youth Center)

604 SALOMON CHAPA DR.
LA JOYA, TX 78560

Hope Park

11TH. ST. & VALE JACKSON AVE.
LA JOYA, TX 78560



Peñitas

Peñitas City Park

S MAIN ST. & PEÑITAS PARK AVE.
PEÑITAS, TX 78776

Katrina Park

17918 SABAL PALM DR.
PEÑITAS, TX 78576



Sullivan City

Sullivan City Memorial Park

CENIZO DR.
SULLIVAN CITY, TX 78595



Pharr

Dr. William Long City/School Park

1000 E ELDORA RD.
PHARR, TX 78577

Allen & William Arnold City/School Park

615 W ELDORA RD.
PHARR, TX 75577

Jones Box Park

1201 W ROSA LN.
PHARR, TX 78577

Universal Estate Park

300 E COMET DR.
PHARR, TX 78577

Memorial Park

501 W ROSA LN.
PHARR, TX 78577

Victor Garcia Park

205 W POLK AVE.
PHARR, TX 75577

Dora Garza Park

1211 S GUMWOOD ST.
PHARR, TX 78577

Lorenzo Garcia Park

413 E CLARK AVE.
PHARR, TX 78577



San Juan



San Juan – Nolana Park

509 E EARLING RD.
SAN JUAN, TX 78589

San Juan Memorial Park

819 STG. LEONEL TREVIÑO LN.
SAN JUAN, TX 78589

Bears Trail Park

441 W 13TH. ST.
SAN JUAN, TX 78589

Tierra del Sol Park

802 W. 8TH. ST.
SAN JUAN, TX 78589

Explorers Trail Park

103 DOMINIQUE LN.
SAN JUAN, TX 78589



Alamo



Alamo Sports Complex

600 E RIDGE RD.
ALAMO, TX 78516

Robert G. Balli Sr. Park Pavilion

N 8TH. ST.
ALAMO, TX 78516



McAllen Municipal Park

1921 N BICENTENNIAL BLVD.
MCALLEN, TX 78501

Town Lake at Firemen's Park

201 N 1ST. ST.
MCALLEN, TX 78501

Bill Schupp Park

1300 ZINNIA AVE.
MCALLEN, TX 78504

McAllen's 2nd. Street Trail

2ND STREET
MCALLEN, TX 78503

Quinta Mazatlan

600 SUNSET DR.
MCALLEN, TX 78503



Edinburg Municipal Park

714 S RAUL LONGORIA RD.
EDINBURG, TX 78542

Freddy Gonzalez Park

1402 S VETERANS BLVD.
EDINBURG, TX 78539

Edinburg Bicentennial Park Memorial Park

1212 E SPRAGUE ST
EDINBURG, TX 78539

Bienestar Tips

Walk 150 minutes a week with your family!
¡Camina 150 minutos por semana con tu familia!

Choose a physical activity you enjoy!
¡Escoge una actividad física que disfrutes!

Boost your energy, be ACTIVE!
¡Incrementa tu energía, mantente ACTIVO!

Jump start to an active day!
¡Inicia tu día activo!

Take a healthy swing!
¡Da un giro saludable!

**Burn 100 calories with any
of these activities!**

¡Quema 100 calorías con cualquiera de estas actividades!

Walk or Dance for 30 minutes
Camina o Baila por 30 minutos

Run or Bike for 10 minutes
Corre o Anda en Bicicleta por 10 minutos

Swim for 20 minutes
Nada por 20 minutos

Play basketball for 15 minutes
Juega baloncesto por 15 minutos

Benefits of exercising

ACSM and CDC recommendations state that:

- » All healthy adults aged 18–65 years should participate in moderate intensity aerobic physical activity for a minimum of 30 minutes on five days per week, or vigorous intensity aerobic activity for a minimum of 20 minutes on three days per week.
- » Every adult should perform activities that maintain or increase muscular strength and endurance for a minimum of two days per week.

Physical Activity Guidelines for Americans, 2nd Edition

ACSM and CDC Recommendations



**150
minutes**
of moderate-
intensity aerobic
activity every
week

2X per week
Muscle-strengthening activities
on 2 or more days a week that
work all major muscle groups



Physical Activity Guidelines Resources

physical activity guidelines resources created by
ACSM Members who are subject matter experts.



August 2023

Project Sponsored By:

